

V-SIT REACH

This event measures flexibility of the lower back and hamstrings

V-SIT REACH TESTING

- Mark a straight line two feet long on the floor as the baseline
- Draw a measuring line perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches.
- The point where the baseline and measuring line intersect is the “0” point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 “ apart
- Student claps thumbs so that hands are together, palms down and places them on measuring line.
- With the legs held flat by a partner, students slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed
- After three practice tries, the students hold the fourth reach for three seconds while that distance is recorded

V-SIT REACH TIP

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

V-SIT REACH RULES

- Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed)
- Students should be encouraged to reach slowly rather than “bounce” while stretching
- Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline
- Minus scores for reaches behind baseline